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1000 B/W Copies for \$258.5 x 11", single sided,
20lb bond, single original15616 - 116 Ave, Edmonton • 780.451.4546 • www.bprint.com**TV saves life?**

Parents of an Alberta woman who spent 12 days lost in the woods believe she may owe her life to watching a TV survival show

PAGE 3

SECRETS OF THE TRADE

METRO PROBES A TWISTED NETWORK OF SHADY COMPANIES AND BROKEN JOB PROMISES

PAGE 10

**ALL FULL UP**

The Edmonton Humane Society is at capacity with kittens, cats, dogs and every other type of animal. For the first time in the society's 106-year history, the facility has had to close completely to new surrenders until it can adopt out more of its animals. Story, page 3. PATRICK NGUYEN/FOR METRO

86-year-old still in hospital after assault

Great-grandfather. 'He wants to walk, but he's not stable,' wife says



ANNAISE KLINGBEIL

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Great-grandparents Anne and Mike Madarash recently celebrated their 61st wedding anniversary in Edmonton's Royal Alexandra Hospital after Mike was savagely attacked by strangers in the couple's backyard.

Mike, 86, remains in hospital after the random and vicious beating on July 9 by two teens in the backyard of the home he has lived in for more than a half-century.

Mike's condition is "not very good," and he is completely confined to his hospital bed because brain swelling is making him dizzy, Anne said.

Quoted

"Why beat the person up? What is in that person's mind? I don't know."

Mike Madarash's wife Anne

"He's dizzy, very dizzy, and the other day he just passed right out," said Anne, 86. "He wants to walk, but he's not stable."

On the morning of July 9, Mike was robbed and assaulted in the backyard of the couple's Beacon Heights home, which they built in 1962.

While Mike initially told first responders he was attacked with a meat cleaver, police believe the weapon was a blunt object.

Following the assault, police laid numerous charges against

two suspects.

The assailants "took the wallet — well go, take off — but why beat the person up? What is in that person's mind? I don't know," said Anne.

Despite more than three weeks in hospital, Anne believes her husband still has a long road to recovery ahead.

"There's no strength in his muscles. They've got to give him some therapy to build up some muscles so he can walk around," she said.

Anne has been driving herself to the hospital every day to spend time with Mike, who also enjoys frequent visits from his children and grandchildren.

Anne said since the attack, she feels like the neighbourhood the couple have called home for so long is no longer safe.

"You've got to sit locked up in the house," she said.



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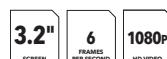
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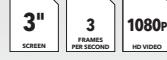
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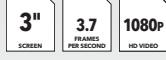
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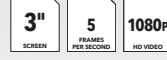
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Cost-cutting. U of A profs say no to lowering salaries

Academic staff at the University of Alberta have rejected a formal request to lower salaries and benefits, which the university said was the "best option for achieving major reductions" and necessary "to avoid large-scale job losses."

Kevin Kane, president of the Association of Academic Staff University of Alberta (AASUA), said he received a request on July 9 asking the union to reopen the 2013-15 compensation agreement to negotiate wage reductions.

In an emergency meeting, the AASUA executive decided to decline the request, which came from acting provost Martin Ferguson-Pell.

The decision not to reopen the current agreement stems from AASUA's belief that cuts to compensation will not address the school's long-term structural deficit.

"For the sake of our students and for the province, we have to invest in the university," Kane said.

"As is commonly stated under similar circumstances, if the government is not willing to pay for excellence, then presumably the cost of mediocrity will be even higher."

When Metro requested an interview with Ferguson-Pell, the university replied with a written statement that was also posted to the school's blog.

"Because a reduction in salaries and benefits was our best option for achieving major reductions, the loss of this option cannot be minimized," Ferguson-Pell said in the statement.

ANALISE KLINGBEIL/METRO

TV survival tips may have saved woman lost in woods

The stepfather of an Alberta woman who was attacked and then spent 12 days lost in the woods believes she may owe her life to skills learned watching TV survival shows.

RCMP say the young O'Chiese First Nation resident was assaulted by a man on July 14, after the truck they were travelling in became stuck on a road near the north end of the reserve.

She managed to escape into the bush but became disoriented.

Metro is not identifying the woman or her family because she is the victim of an alleged sexual assault.

She remains under heavy sedation in a Rocky Mountain House hospital, but RCMP and family alike have begun piecing together how she was able to survive.

It's believed she ate berries and stayed close to a running river, even hopping in periodically to ride the current, her stepfather said.

"She said she always watched that survival show, *Man vs. Wild*," he said, referring to a Discovery Channel show featuring survivalist Bear Grylls.

"She learned a lot of it from that show. She's only 25

years old — it's pretty amazing."

RCMP Const. Nick Munro said investigators believe the woman's jaw was broken during the alleged assault.

Police arrested Kevin Roy Gladue of Edmonton last Friday and charged him with sexual assault, aggravated assault and obstructing a peace officer.

JEREMY NOLAIS/METRO IN CALGARY

Humane society turning down surrendered pets

No more room. EHS urges public to adopt an animal soon

PATRICK NGUYEN
edmonton@metronews.ca

For the first time in its 106-year history, the Edmonton Humane Society has shut its doors to pet owners looking to surrender their animals.

The suspension, announced Wednesday, covers dogs, cats, birds, small animals such as rabbits, and exotic animals such as snakes.

While EHS typically sees a large spike in the number of cats and kittens every summer, it is not accustomed to admitting so many other pet types.

"The number itself isn't particularly outrageous," EHS spokesperson Travis Grant said. "We just have more adult animals coming in at once than

Full house

- The shelter is currently housing and caring for 644 animals.
- EHS does not kill animals except when medically necessary.

we normally see this time of year."

While younger animals can sometimes be kept together, many adult dogs and cats have to be separated, causing a strain on the shelter's resources.

"We are still taking in homeless and abused animals, but in order to assure proper care to the animals here at the shelter, we can't accept any more owner-surrendered animals at this time," Grant said.

The shelter is urging anyone who has been thinking about adopting an animal to do so soon.



The Edmonton Humane Society will not be accepting any more animals until it can find homes for the animals currently in its care.

PATRICK NGUYEN/FOR METRO

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An inside look at the very public bathrooms on Whyte Ave.

Cheeky subject.

Filmmaker explores the line between public and private



RYAN
TUMILTY

ryan.tumilty@metronews.ca

A local filmmaker is offering Air Canada passengers a window on Edmonton through its window-covered bathrooms.

Adam Bentley's cheekily titled film ICUP looks at the public bathrooms on Whyte Avenue with floor-to-ceiling windows that opened last year.

The film is a finalist in the airline's EnRoute Film Festival, which allows passengers to watch the entries in flight or at several screenings.

"It happens on all their seat-back consoles, so you

will be able to watch a little bit of Edmonton 35,000 feet up," said Bentley.

A full-time urban planner, Bentley said he wanted to make a film about the bathrooms because they represent a bigger discussion.

"I have always been interested in how people perceive and use public space," he said.

Bentley said he has found that the design really divides people.

"When people see it, it definitely polarizes their opinions making them either uncomfortable or very comfortable with it," he said.

Murray Davidson with the Old Strathcona Businesses Association, who was interviewed for the film, said when he was first approached about the documentary he was surprised, but the more he considered Bentley's background the more it made sense.

"It was right up his alley

Prize pack

The film will begin playing in August on Air Canada flights with the winner being announced in the fall.

- The team behind the film is asking people to tweet screenshots of themselves watching it with the hashtag #ICUPonAC for a chance to win an Old Strathcona prize package.

to do the documentary and we thought great, great exposure," he said.

Davidson said the bathrooms are a great addition to the area.

"They are heavily utilized throughout the day. Contrary to popular belief, they have done counts and it is equally used by men and women — about 500 on the average weekend."



The Whyte Avenue bathrooms were opened last year and feature floor-to-ceiling windows designed to make them more secure and discourage them from being misused. RYAN TUMILTY/METRO

Cops cleared in fatal shooting during bank robbery



Mike Grisch was fatally shot at this South Edmonton Common bank in December. METRO FILE

Two Edmonton police officers were justified in fatally shooting a 24-year-old as he attempted to rob an Edmonton bank, an investigation has concluded.

On Wednesday, the Alberta Serious Incident Response Team (ASIRT) released the findings of an eight-month investigation into the December 2012 incident at the Canadian Western Bank in South Edmonton Common.

On the afternoon of Dec.

11, officers were called to the bank where Mike Grisch attended a scheduled appointment with a bank employee.

Grisch, who was armed with a silver handgun concealed inside his jacket, demanded 99 hundred-dollar bills and threatened to shoot someone unless the money was produced in less than a minute.

In a matter of five or six seconds, two Edmonton police officers verbally asked

Grisch to drop his weapon. They fired a total of six shots when Grisch refused to comply.

Grisch was rushed to hospital where he died the next day as a result of gunshot injuries.

Following the incident, Grisch's father Robert Grisch told Metro, "We lost a wonderful boy for no reason at all."

The grieving father also told media he believed his

son committed "suicide by police."

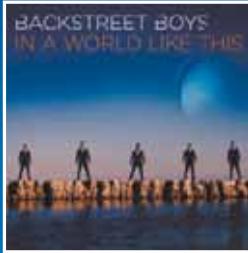
Clifton Purvis, executive director of ASIRT, said the investigation uncovered no evidence to support that theory.

Purvis said Grisch's family has co-operated throughout the investigation and is understandably "devastated" by what happened.

"It's a very, very sad outcome for the friends and family," Purvis said.

ANNALISE KLINGBEIL/METRO

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Saskatchewan Drive. Slope project wraps up

As the city's construction season hits the halfway point, one major project is coming to an end. Crews reopened Saskatchewan Drive Wednesday after completing a \$2.3-million project to re-enforce the slope. It was finished on time and slightly below budget.

The city's acting transportation general manager, Barry Belcourt, said most construction projects are on schedule and they are doing everything they can to get roads open.

In addition to several ma-

Road repair

The city's \$21-million commitment to pothole repair is being spent on grind-and-pave projects that remove a layer of asphalt and repave small sections.

ajor projects, the city is also conducting neighbourhood rehabilitation and dozens of grinding projects to help with potholes. **RYAN TUMILTY/METRO**

Hermitage Park

Death not criminal, police believe

Edmonton police now believe the death of a man in Hermitage Park on Monday was not criminal in nature.

The 34-year-old was found early Monday. Police are waiting on toxicological tests, but they do not believe foul play was involved. **METRO**

Sexsmith

Crash claims a life

A 55-year-old woman was killed in a car accident near Sexsmith on Tuesday.

RCMP from Grande Prairie were called to the scene at 2:40 p.m. when a car collided with a pickup truck. The woman in the car, Debra Gale Stone from Silver Valley, died later in hospital. **METRO**

Light the Bridge campaign reaches \$1M

High Level Bridge.

Campaign hopes to install programmable LED lights this fall



RYAN
TUMILTY

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The Light the Bridge campaign came a big step closer to reality Wednesday, reaching \$1 million in donations with the help of a local company.

The campaign has been running since this spring with the goal of covering the High Level Bridge in programmable LED lights.

Telus announced Wednesday it would be donating one \$25 bulb for every employee in the Edmonton area, for a total of \$65,075 to the campaign.

Telus vice-president Mark



A conceptual drawing shows what the High Level Bridge could look like when it is lit up with LED lights. CONTRIBUTED

Komlenic said there has been interest all through the company in participating in the project.

"This is our way of celebrating the light that our Telus team members bring to our company," he said.

Dave Mowat, who has been driving the campaign, said he has been amazed with how people have stepped up and he believes Edmonton

Light the Bridge

The full cost of lighting up the bridge is expected to be \$3 million, and lights could be installed later this fall, depending on fundraising.

ians will continue to contribute.

"We are proud of our city.

We love to live here and doing something that gives us the opportunity to show it off is something that resonates with people," he said.

Mowat said that all along, people have just wanted to help the project anyway they could.

"Everyone we have talked to on this project has bent over backwards to make this happen."

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Sandy Hook remains under emotional cloud

Connecticut Gov. Dannel P. Malloy purchases a bell from a toy store in Sandy Hook in Newtown, Conn., Wednesday. Seven months after 20 children and six educators were fatally shot in a Newtown elementary school, some local business owners said Wednesday that a financial downturn and an emotional pall over the town persists. JESSICA HILL/THE ASSOCIATED PRESS

Obama calls Keystone a 'global issue'

Low estimate. U.S. president says in a New York Times interview that the pipeline would create 'maybe 2,000 jobs'

U.S. President Barack Obama pointed to the global climate implications of approving TransCanada's Keystone XL pipeline during a Capitol Hill meeting on Wednesday with Democratic lawmakers.

Facing tough questions from some of his congressional allies about an appar-

ent reluctance to approve the project, Obama called the debate a "global issue," Maryland Sen. Ben Cardin told reporters following the meeting.

"He pointed out this is a global issue, even more so than an American or a Canadian issue," Cardin said.

Obama has already insisted publicly that Keystone XL must not be approved if it's found to "significantly" increase global greenhouse-gas emissions.

But in remarks that have sent chills down the spines of Keystone proponents in the U.S. capital, the president has also lowballed the num-

ber of jobs that might result from the \$7-billion pipeline, which would carry millions of barrels a week of Alberta oilsands bitumen, and crude extracted from North Dakota's Bakken shale, to Gulf Coast refineries.

In a New York Times interview published over the weekend, Obama said Keystone XL would create "maybe 2,000 jobs during the construction of the pipeline," and added with a chuckle that it would sustain "somewhere between 50 and 100 jobs in a economy of 150 million working people."

THE CANADIAN PRESS

Alleged murder plot

2 charged with conspiracy to kill their spouses

Saskatchewan farmer Jim Taylor says he knew his marriage was in trouble, but he didn't at first believe Mounties when they told him that his wife was planning to kill him.

He was even more stunned when officers alleged that a man she was having an affair with was in on the scheme — and that the pair were also plotting to kill that man's wife.

"They had to tell me about three times," Taylor, 51, said Wednesday from his farm west of Melfort.

"We're a good Christian community so it's really shocking to hear all this stuff."

Angela Nicholson of Melfort and Curtis Vey of Wakaw, both 49, are charged with conspiring to commit murder. They have not yet applied for bail and are to appear in Melfort court on Aug. 29.

THE CANADIAN PRESS



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Calgary Zoo partially reopens after flood

Busy season. The zoo faces \$50 million in damages from the June flood; donations can be made at calgaryzoo.com

 KATIE TURNER
Metro in Calgary

Goderich, Ont.

'Next time lock your car': Thief's note to car owner

Police say a thief in Goderich left a snarky note reminding the owner of the vehicle they just robbed to lock it next time.

Police say the culprit made off with items including a GPS unit and an air pressure gauge.

The thief's note to the owner read "Next time lock your car."

THE CANADIAN PRESS

Strollers rolled in and small feet ran through the open gates of the Calgary Zoo as the facility partially reopened for the first time since the city was hit by massive flooding six weeks ago.

Roughly one-third of the zoo opened for public access — the Canadian Wilds, Prehistoric Park and the Penguin Plunge, which is home

Missed by patrons

"It's exciting.... We've missed it a lot."

Zoo visitor Constance Chan. She said the facility is a big part of her children's lives and they usually visit a couple times a week during the summer.

to a new chick.

Spokesperson Trish Exton-Parder said it was vital

the zoo open, even if partially, as it is facing \$50 million in damages from the flood and is losing revenue daily.

"We're losing about \$160,000 a day so we still need people's help so we can open the rest of the island," she said.

The zoo has opened a centre that shows what staff and animals dealt with during the floods.



Talks were given Wednesday as the Calgary Zoo reopened. KATIE TURNER/METRO

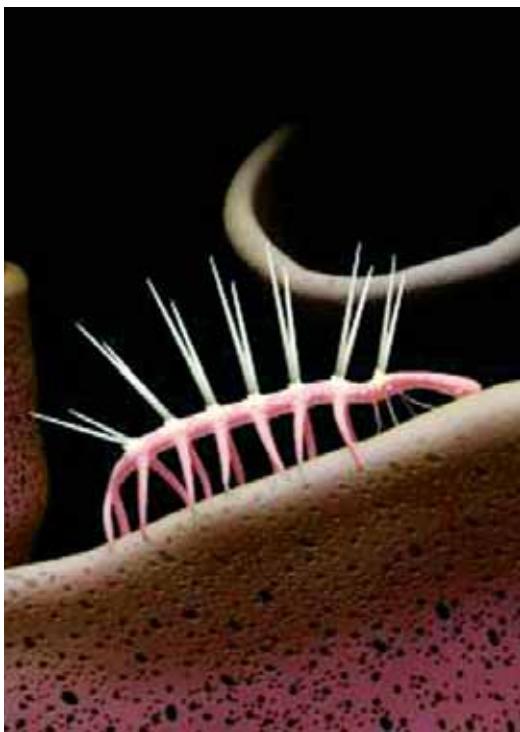
Tsunami follow-up

Less tsunami debris than expected on B.C. shores: Officials

B.C. and the feds say the West Coast is seeing less debris from the Japanese tsunami than expected.

The 1.5 million tonnes of debris that was expected to arrive on the West Coast hasn't materialized as quickly as anticipated. One million dollars in cleanup funds will still be distributed.

THE CANADIAN PRESS



Fossil has modern cousin

A prickly worm that has legs is shown in an animation still from the Burgess Shale website. The worm lived in Canada 505 million years ago. But it's not as rare as once thought. Researchers have found the *Hallicigenia sparsa* was part of a group of animals that once lived on the sea floor from Canada to China, the U.K. to Australia. A study says the ancient worm has a modern-day cousin in the velvet worm that lives in jungles around the world. HANDOUT/THE CANADIAN PRESS

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Parents struck by grief, barely eating after son shot dead by cops

Sammy Yatim case.

Mother and father of 18-year-old killed by Toronto police in anguish, friend says

The parents of an 18-year-old who died after being shot by Toronto police are devastated and barely able to eat as they prepare for their son's funeral, a close family friend said Wednesday.

"His mother hasn't eaten in days," said Joseph Nazar, adding that friends have been trying to feed her spoonfuls of soup.

Nazar said Sammy Yatim's father has also been too grief-stricken to eat.

"I've told him ... he needs to be able to stand at the funeral," Nazar said.

Ontario's police watchdog said Yatim died Saturday morn-



Sarah Yatim, centre, is hugged by people while attending a memorial service for her 18-year-old brother Sammy Yatim on Wednesday. NATHAN DENETTE/THE CANADIAN PRESS

ning after receiving multiple gunshot wounds during an "interaction" with police. A

Taser was also used.

The incident, which was captured on surveillance and

cellphone video, has sparked public outrage over police use of force.

In one video that has circulated online, Yatim can be seen pacing an empty street-

Looking deeper

The use of police force in the shooting death of Sammy Yatim has prompted Ontario's ombudsman to question whether it is time for the government to review police de-escalation guidelines.

car as shouts of "drop the knife" are heard. Then nine shots can be heard — first three shots in succession then six more after a pause of about six seconds.

Yatim's mother and sister were among hundreds of protesters who took to the streets Monday night, brandishing posters reading Protect Us From Our Protectors and Think Before You Shoot and calling for Justice For Sammy.

THE CANADIAN PRESS

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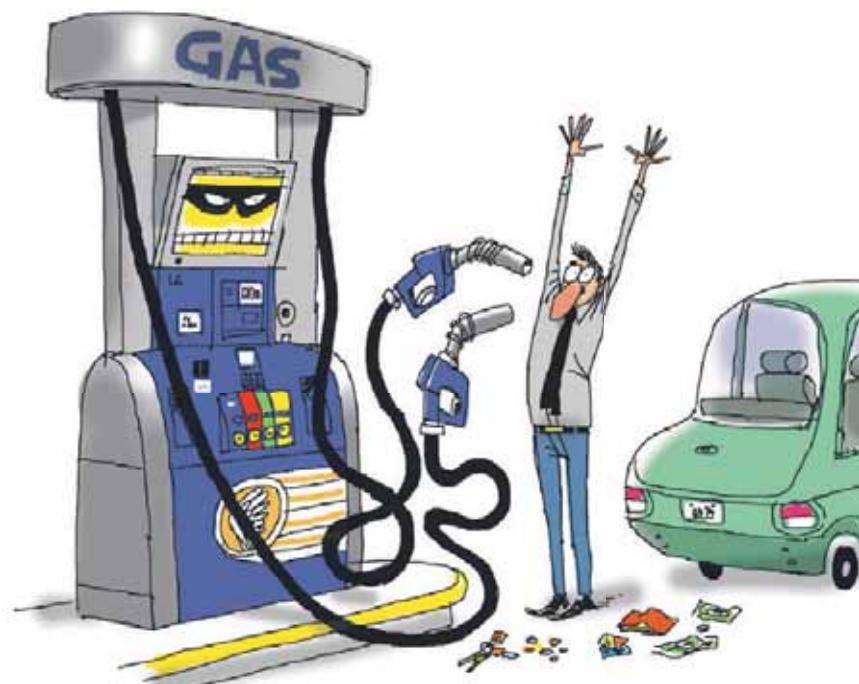
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O.J. wins small victory behind jail bars

O.J. Simpson. Nevada grants him parole on some of his 2008 convictions, but the former football star remains in prison

O.J. Simpson won a small victory Wednesday in his bid

for freedom as Nevada granted him parole on some of his 2008 convictions for kidnapping and armed robbery involving the holdup of two sports-memorabilia dealers at a Las Vegas hotel room.

But the decision doesn't mean Simpson will be leaving prison anytime soon. The former NFL star was convicted on multiple charges and still faces at least

Better than other inmates?
"My crime was trying to retrieve for my family my own property."

O.J. Simpson said his crime was different from that of other inmates, some of whom he now counsels. "They were trying to steal other people's property."

four more years behind bars on sentences that were or-

dered to run consecutively. The Nevada Board of Parole Commissioners released its decision in favour of Simpson's parole request Wednesday.

Commissioners noted Simpson's "positive institutional record" and his participation in programs addressing "behaviour that led to incarceration."

THE ASSOCIATED PRESS



O.J. Simpson listening in a Las Vegas court in May. JULIE JACOBSON/THE ASSOCIATED PRESS

New Mexico. Prisoners investigated for posting personal online profiles

Preston Blake says he's a "down-to-earth, mature and serious man."

In on online profile, he sports a shirtless photo of himself while smiling and flexing his right, chiselled arm. "I'm solid, real, in a world full of fake," the 31-year-old describes himself.

Blake is an inmate at the Lea County Correctional Facility in New Mexico, where he is serving an estimated 21 years for aggravated burglary and tampering with evidence, among other crimes, according to the Florida-based website WriteAPrisoner.com.

His profile and dozens of

others by inmates on similar sites are the subject of a New Mexico Department of Corrections investigation looking into violations by inmates and their families. State rules prohibit prisoners from posting public online profiles, and those who do face disciplinary action, from loss of privileges to loss of time served, said New Mexico Corrections deputy secretary of operations Joe Booker.

"Inmates can correspond legally through mail and phone calls," Booker said. "But we don't know who's out there on the web."

THE ASSOCIATED PRESS

Under fire

Just helping inmates and pen-pals connect, site owner claims

Adam Lovell, president and owner of WriteAPrisoner.com, said the website is not a social-media site and was created to connect pen-pals with prisoners. He said the site also provides educational tools and legal-aid help.

Lovell said the website does not allow inmates to communicate with outsiders via the Internet. Instead, it helps people get in touch with prisoners

through snail mail, which is monitored by prison officials.

According to the website, inmates or their families can pay \$40 a year to let inmates post profiles that include photos and descriptions of themselves and their crimes. The profiles also say where they are serving time.

Crime-victims groups say WriteAPrisoner.com isn't the only site offering to post profiles of inmates. Last week, the website meet-an-inmate.com came under fire in Houston after the family of a murdered daughter saw a profile on the site of a woman serving 30 years for her death.

THE ASSOCIATED PRESS

Connecting the willing

"I think this is a knee-jerk reaction by officials in New Mexico. Most inmates lose all contact with the outside world within a few years in prison. This just allows inmates to connect with people who want to correspond with them." Adam Lovell, owner of WriteAPrisoner.com

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The top floors of 151 Yonge St. in Toronto. You Find Work has an office on the 11th floor. JESSICA SMITH/METRO IN TORONTO

Your dream job awaits — that'll be \$6,000

Metro undercover.
Our reporter probes a twisted network of shady companies to see if there's any truth to the 'hidden job market'

 JESSICA SMITH
Metro in Toronto

I'm in a tiny office in a swank tower in Toronto's financial core with Dale Smith, who runs a career-counselling business. I've been told he makes promises he doesn't keep and charges a high price for access to job postings anyone can find on Google.

He sets down a contract.

"My favourite, in the whole page, is the client-satisfaction guarantee," says Smith, circling the word "guarantee."

"It's only in the last 10 years ... that we feel so bold that we can guarantee you're going to end up with a position."

The contract is with 2375880 Ontario Limited, under the name "You Find Work" — a company that has only existed for a few months. But Smith has run similar businesses under other names, including Toronto Pathways, Job Search Success and Job Success for nearly 10 years. Before that, he did career counselling for a Canadian franchise of U.S. business Bernard Haldane Associates.

I came to his office posing as a job seeker after being tipped off by a reader.

The complaint was similar to others launched in small-claims court, posted to online consumer complaint forums and told to Metro by former clients: They promise access to a "hidden job market," an

exclusive job database and contacts at big companies — for a big price tag.

Job seeker fights back— 650784 Business Corp.

At small-claims court, I found 10 lawsuits against You Find Work, Dale Smith and other companies he's worked with.

"I don't want you to use my name," said the first plaintiff I called. "You can just refer to me as the victim."

He has an MBA, a PhD and now works on economic policy in the federal government. He says he earned that job on his own.

In 2004, he was relatively new to Canada. He saw a newspaper ad for Bernard Haldane Associates and met with Smith, the general manager of BH Careers International — the legal name for Toronto franchises.

After charging \$6,000, the company brought him in several times to discuss his résumé but never delivered job leads beyond what is easily found online, he claims.

The man requested his money back. His contract allowed him to get a refund for any portions of the program he had not yet completed.

The company refused. At the time, Bernard Haldane Associates was being sued by the State of Illinois for allegedly misleading consumers and had just shut down its Canadian operations.

At that time, Smith set up his own company — RD Group International — in the same location with the same staff and clients.

The man sued both companies and won, but they appealed. He didn't have the money to hire a lawyer and lost. The judge decided he hadn't proven that RD Group

International was legally required to honour his contract with BH Careers.

He estimates the ordeal cost him \$10,000.

New company, new complaints — 2057161 Ontario Ltd.

Havva Seydali and her husband, Serdar Feyzioglu, are taking Smith's company 2057161 Ontario Limited — formerly Toronto Pathways — to court.

"My husband was trying to find work and they contacted him first. I don't know where they got his résumé from. It was probably Monster.ca or Workopolis," Seydali said. "They gave him the impression that they were a recruiter and he had a job interview."

Next, they asked him to bring in his wife.

"They went through this ... explanation of there are two jobs and he's the perfect candidate ... and then it ended up being a service where you pay a fee and they'd guarantee 99.9 per cent you have the job," she said.

Their situation was "des-

perate." She'd been laid off, and her husband had recently finished a degree in industrial engineering.

"We ended up paying close to \$5,000 to secure this opportunity," she said. "Instead they started sending him coaching materials on how to find a job."

A year later, the jobs never materialized and Feyzioglu is still looking for work, she said.

Their accusations haven't been proven in court.

2057161 Ontario Ltd., a.k.a. Toronto Pathways, appears to be shut down now, but Murray James Nahnybida, a former career counsellor at Pathways, registered a new company — 2375880 Ontario Ltd. — in July to do business as You Find Work, with Dale Smith as general manager.

Our experience at You Find Work—2375880 Ontario Ltd.

It's not illegal to accept money to help write résumés and prepare for interviews. It is illegal to make promises that can't be delivered.

The complaints I've heard follow the same basic pattern.



Clients in uproar

Some clients of a string of related Toronto career-counselling companies have gone to small-claims court and vented online about the same alleged scam:

- The companies target vulnerable, out-of-work people
- They offer exclusive leads to great jobs
- They charge thousands
- Once the money is paid, they fail to deliver

satisfied clients who've gone on to work in high places.

Smith guarantees a job but not a time frame, saying only that 70 to 80 per cent of his clients get a job within a couple weeks to a few months.

I said I'd like to make \$25 an hour — \$52,000 a year.

Smith isn't fazed and says, "The right employer might pay you more than that, once they see how productive (you are)."

He says we'll aim for a job that pays \$60,000 "and settle for \$55,000."

The fee he's going to charge me is based on that projection. If I pay up front, the cost is \$3,756 plus HST. If I can't, it's \$4,695 in installments.

The reveal

After revealing we're reporters, Smith is adamant he's done nothing wrong — the company changed names so many times as "brand marketing."

I ask Smith to prove he has good contacts, to put me in touch with any HR department that could confirm their relationship.

"I can't really disclose that without getting their permission first," he says. "We have lots of contacts. How could we be in business and not have contacts?"

Smith blames the complaints and lawsuits on the "one to three per cent" of his 400 to 500 clients a year who are dissatisfied. Some people just won't try, he says.

"We have dozens and dozens of satisfied clients."

I tell him to send some of his satisfied clients my contact information and encourage them to contact me.

A week later, he has not produced one client or company that's willing to vouch for him.

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Airlines try to perfect the tricky art of boarding

Terminal headache.

You may think it's easy to get people onto a plane, but the process is so troublesome it has to be constantly tweaked

Getting people on and off an airplane quickly is so complicated that even an astrophysicist couldn't figure it out.

Jason Steffen, a research fellow at Northwestern University, normally contemplates things such as axion-like particles. But after waiting in one boarding line too many, he turned to the mysteries of airline seating. "I thought there had to be a better way," he says.

So, after a series of calculations, he deduced that the best

When did it all go wrong?

2008

Since 2008, most large airlines have imposed fees for checking a bag, which encourages passengers to carry more on board. At the same time, airlines have reduced flights to control costs, making planes more crowded. The result: Space in the overhead bins has never been more valuable.



Travellers wait to have their boarding passes checked at the American Airlines terminal at Los Angeles International Airport in this file photo. Turns out, getting passengers onto and off planes is so complicated that airlines must continually evaluate how they do it. GETTY IMAGES

system would be a combination of filling window seats first, then middle and aisle ones, while also spacing the boarding passengers two rows apart.

There was just one problem — passengers would have to board in precise order. Good luck with that. These are the same passengers who don't turn off their phones even after they're told it's a federal law. "Well," Steffen observes, "I understand why airline people aren't calling me."

But the search for the perfect boarding process goes on.

Most airlines allow first-class and other elite customers

to board first. After that, some fill the rear rows first and work toward the front.

Others fill window seats and work in toward the aisle. Some used to employ a hybrid called the reverse-pyramid. Southwest Airlines has random seating: There are no assigned seats — passengers sort things out themselves. They can pay extra to be near the front of the boarding line.

United and American have just rolled out new strategies for faster boarding. American is letting passengers board sooner if they don't put anything in overhead bins. The idea is to

Time is (a lot of) money

What's the big deal with boarding?

All of this matters more than you might think.

Passengers want to board early to find space in the overhead bins for their rolling carry-on bags. For airlines, every minute that a plane sits at the gate makes it more likely that the flight will be late, hurting the carrier's on-time rating and causing passengers to miss connecting flights.

There's an economic cost to running late too. Researchers from Northern Illinois University say that at one major airline, which they didn't identify, every extra minute at the gate added \$30 US in costs.

get more people seated quickly before passengers with rolling bags clog the aisle.

United reduced the number of boarding groups from seven to five while adding lanes in gate areas — from two to five at big airports. THE ASSOCIATED PRESS

Social media. Facebook stock passes its IPO price — at last

Facebook has found redemption in the form of a soaring stock price. On Wednesday, the share price of the world's most populous social network briefly crept past \$38 US for the first time since its rocky public debut last May. In doing so, Facebook cleared a symbolic hurdle that has eluded the company for more than a year.

Facebook's ill-fated first trading day on May 18, 2012 was marred by technological glitches on the Nasdaq stock market. The stock closed with

a disappointing 23-cent gain. And its performance didn't improve, hitting a low of \$17.55 last September.

"I think Facebook in general and Zuckerberg in particular felt that they let everybody down," said Wedbush analyst Michael Pachter of Facebook Inc.'s 29-year-old founder and CEO, Mark Zuckerberg. "And by everybody I mean all their employees who had stock, all their early private investors who had stock."

THE ASSOCIATED PRESS



In this May 18, 2012, photo, Facebook CEO Mark Zuckerberg, centre, rings the Nasdaq opening bell from Facebook headquarters in Menlo Park, Calif.

NASDAQ VIA FACEBOOK/THE ASSOCIATED PRESS FILE

Market Minute

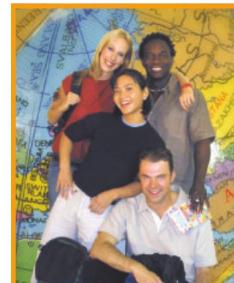
TSX 12,486.64 (-95.11)

DOLLAR 97.35¢ (+0.28¢)

OIL \$105.03 US (+\$1.95)

Natural gas: \$3.44 US (+1¢)
Dow Jones: 15,499.54 (-21.05)

GOLD \$1,313 US (-\$11.80)



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Law firm sorry for revealing Rowling pen name

Author J.K. Rowling accepted an apology and a charitable donation Wednesday from a law firm that revealed she wrote a crime novel under a pseudonym.

The Harry Potter author was exposed by a newspaper on July 14 as the author of *The Cuckoo's Calling*, a thriller

ostensibly written by former soldier and first-time novelist Robert Galbraith. The book was published in April to good reviews but modest sales, and there was speculation Rowling or her publisher had leaked the news to raise the book's profile.

But the law firm Russells, which has done work for Row-

ling, acknowledged one of its partners let the information slip to his wife's best friend, who tweeted it to a columnist. Rowling sued the lawyer and the friend. Her attorney told Britain's High Court Rowling was "angry and distressed that her confidences had been betrayed." THE ASSOCIATED PRESS

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Good contacts help Mexican family overcome newcomer chaos

When Mexico City technology executive Carlos Chalico decided to move to Toronto, he liked the idea of starting something new in a tranquil country. Unfortunately, his family's first days in Canada were hectic, as they dealt with typical newcomer uncertainties. Carlos quickly saw the value of making connections with good people to ease the chaos.

"We did research to learn about our new city, but there were several important players who really made the difference," says Carlos. Among them, a childhood friend of Liliana, his wife, who had lived in Canada for 15 years. "She was very supportive, helped us find a rental house, and even suggested Scotiabank."

Since they were already Scotiabank customers in Mexico, the couple took their friend's advice to sign up for the **Scotiabank StartRight® Program**¹ while still in Mexico. They completed the paperwork at a Mexico City branch to take advantage of the free day-to-day bank account for one year², a wide range of credit card options³ and a number of other customized services and benefits.

"We thought we had planned well ahead, but the days passed so quickly, and with my work permit arriving at the last minute, we didn't know how things would work out," recalls Carlos.

After a tiring first day in Canada, shuttling Liliana and their two children from a hotel to their rental unit, a blurry-eyed Carlos trekked downtown to start his new job: "I was lost on my first day, and I had to sort out our banking before flying to Vancouver for business."

Exiting the subway, he walked into the first Scotiabank he saw. "I felt at ease when I saw the Scotiabank staff helping me sort out my paperwork," notes Carlos, recalling how Taylor Johnson, the personal banking officer at the Yonge & Bloor branch, presented him with his new account and credit card.

The couple's relationship with Scotiabank grew over the coming months. Liliana met Spanish-speaking Susana Salas-Pariente, a personal banking officer at the 3295 Derry Road branch near their Mississauga home, and the family was quickly approved for a car loan⁴, through coordination between the dealer and the bank. They are now thinking about home ownership with a Scotiabank mortgage⁵.

Now working at a growing software consulting company, Carlos has helped his employer set up a welcome program for other immigrant new hires, and he recommends the **Scotiabank StartRight** package. "I want to make it easier for other newcomers, and the StartRight website has so much useful information about life in Canada."

A firm believer in helping others, Carlos is involved with the Latin Project Management Network, an

association that supports internationally-trained professionals and includes Scotiabank as one of its key sponsors. "We discovered when we came here that you can't learn it all yourself, so get to know others who can share valuable ideas," advises Carlos. "That may be your banker who helps you build a credit history, or a new friend who explains how to connect the gas to your house."



Carlos and Liliana Chalico made the right start in Canada by building good connections, including advisors at Scotiabank.

THIS ADVERTORIAL IS PREPARED BY SCOTIABANK®.



Baljit Virk
Scotiabank® advisor

"Baljit helped open the door to my credit history in Canada."

The **Scotiabank StartRight® Program**¹, specially designed for newcomers, helps build your credit history right away. You need a credit card² to open financial doors and get all the things you need to settle quickly in Canada. Let one of our knowledgeable advisors show you how.

Start Right Here. Find your nearest Scotiabank branch, visit scotiabank.com/startright or call 1-866-800-5159.

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SALIVATING OVER BIEBS' CAREER

The 24-hour media cycle sometimes means that deserving musicians go unheralded because entertainment reporters are chasing the latest star from concert to concert or quote to quote.

Sometimes a pop icon's daily mini-scandals keep us from noting the larger trends in music.

Sometimes we forget about the talent, hard work and dedication required to be an up-and-coming entertainer, because we'd prefer to write a Justin Bieber story that is guaranteed to get a lot of views for no other reason than the word "Bieber."

As a completely random example, take this column you're reading right now: Bieber, Bieber, Bieber!

Here's a look at Justin Bieber's career highlights:

1994: Born as pop royalty, Bieber's hotly anticipated birth is met with screaming women clamouring outside his hospital window hoping to be spat upon by the infantile crooner.

1998: Shows affinity for music as early as four when he spends hours mastering electronic keyboard's "drum machine" button.



HE SAYS
John Mazerolle
metronews.ca

2007: Discovered on YouTube, where his critical analysis of Zimbabwe's metamorphosis from "Africa's breadbasket to a hyper-inflated basket case" catches the eye of several organizers with TED Talks.

November 2009: Releases first album and becomes a millionaire within days; cries self to sleep because of scathing review in ChartAttack.

March 2010: Quietly releases second album. Excitedly runs to mother when hometown Stratford Beacon Herald places his photo on arts front, which is cut out and given place of pride on kitchen fridge.

April 2010: Changes signature haircut in spontaneous decision approved by 37 agents, publicists, stylists and handlers.

June 2010: Concert for 90,000 people at Wembley not going well until dad suddenly appears to sit in empty seat Bieber had been staring at longingly.

August 2010: Creates 10 fake Twitter accounts in pathetic bid to

push himself over 23 million followers.

January 2011: Earns nickname "Biebs" because of his love of BBC.

March 2011: Makes utter fool of himself on 17th birthday by acting like a 17-year-old.

December 2011: Bieber's sweet natural delivery and boyish charm are made more marketable for later albums by pop-music computer Asshat 5000.

April 2012: Bieber sings duet on stage with Taylor Swift, becoming inspiration for three full discs of Swift break-up songs.

October 2012: Causes a stir when he meets Prime Minister Stephen Harper for a photo-op wearing only Selena Gomez.

November 2012: Playing half-time at Grey Cup, totally misreads local crowd and gets booed lustily when he suggests to Toronto-nians that the CFL is awesome.

June 2013: Disappointed when Twitter moniker Robert_Galbraith, meant to show quality of tweets, not name recognition, attracts only 12 followers.

July 2013: Beset by criticisms for off-stage antics, Biebs reminds critics of his talent at Toronto concert with 27-minute harp solo.

ZOOM

You'll get really high in this hotel room



the hotel rehearsal ©

Inflatable hotel costs \$50K a night

A hotel room made of aluminum and inflated vinyl is held aloft by a van-mounted scissor lift, on promotional display in a parking lot in downtown Denver.

Architectural artist Alex Schweder created the five-by-

seven-foot room atop a van for the Biennial of the Americas in Denver. For \$50,000 US, a guest would get one weekend night in the puffy space, plus lots of extras including a diamond pendant and earring set, two iPod Nanos and a dance party for 100 people in a ballroom of the Curtis Hotel.

THE ASSOCIATED PRESS

Castle in the sky

- It has a chemical toilet, shower, sink, inflatable bed and couch, and curtains. It is being driven to parking lots until Aug. 23.
- There is a weight limit, and no smoking allowed.

Squeezing in the lap of luxury

After Schweder learned developers want to turn several Denver parking lots into hotels, he created "the hotel rehearsal." One early draft involved suspending the room from a crane.

THE ASSOCIATED PRESS



TORSTAR NEWS SERVICE/HANDOUT

Next Sunday is the long-awaited return of a certain era-defining television series based around the manufacture of a drug that's almost as addictive as the show. Obsess over the dropped-jaw moments the final season of *Breaking Bad* promises us by joining in on the discourse at these TV-recap sites.

Vulture

Matt Zoller Seitz is already back on the Walter White train by revisiting the first five seasons, armed with the knowledge of everything each character has been through. It's interesting stuff, and an excellent primer for when he starts probing the corners of the remaining eight episodes as they air. (vulture.com)

Grantland

Bill Simmons' haven of pop culture and sports is blessed with Andy Green-

wald, one of the sharpest and funniest TV critics around. While you're still grappling with the latest dark and depressing deed from Walt, Greenwald is already well on his way to astutely ascribing motivation and potential fallout. (grantland.com)

The AV Club

The Onion's sister site is home to many great writers, but the unsung hero of it all is the feisty comment community at the bottom of each article page. (avclub.com)

Comments

RE: Water's Rising. Where's The Ark? Published July 31

It happens that I have been a research scientist in the communications domain for almost 30 years.

First of all, back when I was a young postgraduate, if I came up with a wrong result I could expect to find myself sitting in the director's office. The director would look across his table, as he did with many a researcher, and say: "Son, you got some 'splainin' to do!" Only once you'd explained what went wrong

and how you were going to fix it to the satisfaction of the director, did you get to work on a new project.

In the climate-study domain there have been, over the last 20 or 30 years, a lot of wrong predictions: Those climate scientists have definitely "got some 'splainin' to do."

Secondly, to another scientist the latest prediction by Strauss actually has no more meaning than a mythical number. A scientist wants to know a few other details before a number has meaning. These other details include the confidence level of the number.

Chris Kurowski, Ottawa

WE WANT TO HEAR FROM YOU: Send us your comments: edmontonletters@metronews.ca

DID YOU KNOW?

FACT:

Canada's wireless industry directly employed over 61,000 people in 2011. For each direct job, another 3 indirect jobs were created.

Source: Nordicity

CANADA  A WORLD LEADER IN WIRELESS



Karaoke kid grows up, goes pro

Trinity Bradshaw.
Singer cut her country crooning teeth on contests



BACKSTAGE PASS
Jennifer Laraway
edmonton@metronews.ca

"It all started with my parents. They are the reason for all of this," says rising country star Trinity Bradshaw.

"They bought my first karaoke machine because I was always humming and singing, even before I could talk. Since then, I've entered every contest I could."

But, translating her talent to the stage didn't come easy. In fact, at one point, the songstress didn't know if she wanted it to come at all.

"When I hit the stage, I absolutely love it, but there was a time when I used to cry the day of the contest. I wanted to pull out," she says of her pre-performance jitters.

"I remember my parents being super supportive and asking if I really wanted to do this. The truth was, I did. I broke through the nerves and learned that through the attention I got on stage, I could turn around and inspire people."

Fun facts

- Bradshaw started singing at three years old.
- She won 90.3 AMP Radio's rock star contest this past January.
- Her single Big Town is rising on the Canadian country charts.

Country star Trinity Bradshaw looks forward to commanding the stage Aug. 4 at Big Valley Jamboree. CONTRIBUTED

It was winning a contest that gave Bradshaw her big break.

At 14, the Summerside, P.E.I. native was the youngest winner of her hometown's talent search before going on to win national competitions.

Now, the 22-year-old singer is gearing up to take the stage at the Big Valley Jamboree.

Fresh from a trip to Nashville, Tenn., Bradshaw is excited for her solo performance on Aug. 4, which she prepared for through recording her new album.

Many of the songs she plans on singing are off her latest album, EP.

"All the songs were written in a short period of time.

When I first moved to Alberta, I felt such emptiness and loneliness, so the songs I wrote are so raw and true. In fact, the track Big Town was written on my journey here," explains Bradshaw.

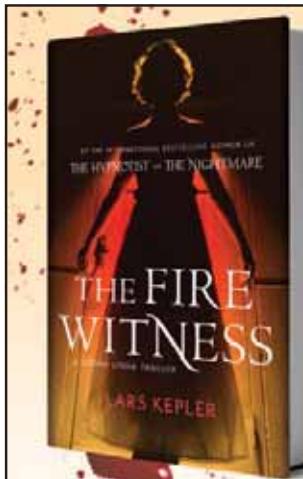
Bradshaw says she now sees Alberta as her home away from home.

Sharing that story through

her music is what makes Bradshaw memorable.

"I find when I am up there playing by myself that I really get to engage and show emotion to the audience."

To catch Bradshaw's performance, single and weekend tickets are available from bigvalleyjamboree.com.



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Williams is one of The Crazy Ones

Move over Mork.

Robin Williams is an advertising genius dealing with plenty of personal woes in his latest television role

Want to make Robin Williams laugh? Call him a sad clown.

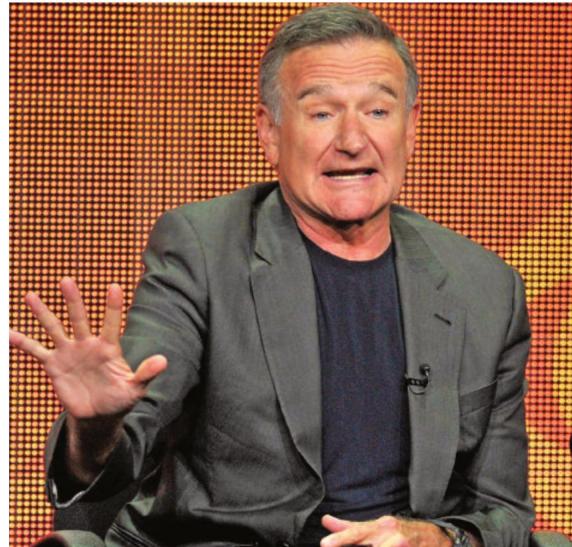
That's what one critic did Monday on CBS's Television Critics Association press tour presentation for *The Crazy Ones*. The fall comedy stars Williams as the head of an ad agency with Buffy the Vampire Slayer star Sarah Michelle Gellar playing his daughter and business partner. James Wolk (*Mad Men*) is also part of the ensemble.

Responding to a comment from a critic that there are sweet, poignant moments on the show — setting up the "sad clown" remark — Williams did a whole wacky bit on being a sad clown, jumping out of his seat, causing his lapel mike to become untethered. He wondered what it would be like waking up next to a sad clown: "Oh, my God, what are those big feet doing in my bed?!"

It was the kind of funny business reporters and fans have come to expect from Williams. There are flashes of the same free spirited antics in the pilot, although David E. Kelley — an unlikely showrunner — says Williams can stick to a script, too.

"He says my words perfectly — then he uses his," says Kelley.

The former *Ally McBeal* and *Boston Legal* showrunner says



Robin Williams gets a little animated at the Television Critics Association press tour while promoting his new show *The Crazy Ones*. THE ASSOCIATED PRESS

writing for an old pro like Williams was intimidating: "I feel like I've been handed the keys to a car that I am ill-equipped to drive."

Kelley says an actual ad executive approached him with the idea for the show several years ago. He says it's basically about "this iconic, crazy advertising genius and his relationship with his daughter."

The pilot episode shows Williams' and Gellar's father-daughter characters trying to pitch a new ad for McDonald's. The fast food giant gets plenty of plugs throughout the half hour, but the producers insist there was no payment for embedding the Mc-references.

"But if you look under your chair there's a Happy Meal,"

cracked Williams.

The 62-year-old funnyman rose to fame in 1978 after being cast as a comedic alien in the ABC series *Mork & Mindy*. He praised his co-star from those days, Pam Dawber, for her ability to play straight woman to his insanity.

"Pam held the line for me. She was incredible, which allowed me to be as outrageous as I was."

After the formal press conference, Williams was asked about how TV and comedy has changed since those *Mork & Mindy* days. That show "started out real playful, then eventually, it just burned out," he said. This new show "can't just be about riffing."

THE CANADIAN PRESS



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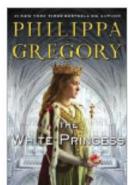
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Last Week: 1 / Weeks on List: 1

2. THE CASUAL VACANCY J.K. Rowling



A big novel about a small town. Pagford is, seemingly, an English idyll, with a cobbled market square and an ancient abbey, but what lies behind the pretty façade is a town at war. *The Casual Vacancy*, now in paperback, is J.K. Rowling's first novel for adults.

Last Week: 2 / Weeks on List: 1

This Week

Last Week Weeks on List

★ 3. WAGING HEAVY PEACE Neil Young

- -

4. THE SECRET KEEPER Kate Morton

4 3

5. THE ENGLISH GIRL Daniel Silva

5 3

6. FIRST SIGHT Danielle Steel

6 3

7. INFERNAL Dan Brown

7 10

★ 8. CRAZY RICH ASIANS Kevin Kwan

- -

9. BEAUTIFUL DAY Elin Hilderbrand

9 6

10. THE OCEAN AT THE END OF THE LANE Neil Gaiman

10 7

11. THE EYE OF GOD James Rollins

3 6

12. SILVER STAR Jeannette Walls

12 8

13. THE KILL ROOM Jeffery Deaver

13 9

14. REVENGE WEARS PRADA Lauren Weisberger

14 9

15. THE FIRE WITNESS Lars Kepler

8 8

16. WILD Cheryl Strayed

16 18

17. LET'S EXPLORE DIABETES WITH OWLS David Sedaris

17 15

18. THE SECRET RACE Tyler Hamilton

11 7

19. I WEAR THE BLACK HAT Chuck Klosterman

19 1

20. SECOND HONEYMOON James Patterson

20 5

Combined Fiction and Non-Fiction Bestsellers for the week, ending August 5th

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Canadian actor back to work on rice farm in rural Japan

Falling Skies. Connor Jessup talks about being on the road (including the rice farm) and finding time to be a filmmaker

 **NED EHRBAR**
Metro World News in Hollywood

Connor Jessup is possibly the most interesting 19-year-old in Hollywood — especially since he's not actually in Hollywood at the moment. Since wrapping

production on season three of his alien invasion series, *Falling Skies*, the Toronto native has been on the road, most recently living on a rice farm in rural Japan, where he's working on more film projects to write, direct and produce.

We caught up with Jessup just before the *Falling Skies* third season finale on a rare few days in Los Angeles.

Life on the road

"I was in San Diego on the weekend, which was awesome, and I'm here until Thursday, then back to Japan," he says. "That's where I'm living right now. I'm living on a rice farm,

a run-down rice farm, actually. This is my first real year without high school, so I decided to just do some travelling. So since February I've been on the road, and since May I've been in Japan.

Finding time to be a filmmaker

"One of the nicest things about being on a TV show that's relatively long-running is that you get six months of the year of hard work and then six months of the year of free time — well, not free time because you're still working and trying to get stuff or on a movie or something — but generally the other six months are less full of work," he says. "There's a couple of shorts that I'm working on and a feature. But I've been doing stuff like that since I was 14 or 15. Right now I'm in Japan writing something that takes place in Japan. It takes place basically right in the place where I'm writing, so all I have to do is look out the window, which is convenient."

Season finale

Connor Jessup teases that the third season of *Falling Skies*, which wraps up Sunday evening, goes out with a bang for the city of Charleston. "It's sort of an image of what life was like before, and we're trying to maintain it, but it's more fragile than we thought," he says. "It kind of literally and metaphorically comes crumbling down. So we're thrown back out onto the road, back into the wild world. Just like in season two where we were dashing about from place to place, going on missions, we were kind of nomadic. Season three, we managed to stay in one place for the most part, but that gets shattered very quickly. It affects my character, Ben, in the same way that it affects everyone else in that it sucks."

Getting an early start

"When I was 15, there were these friends of mine who I admired who were recent grads of film school. They'd done some really great shorts and they were doing an indie, micro-budget feature so I helped produce it," he says. "This is pre-Kickstarter, and they were doing the fundraising. I kicked in, so I was an executive produ-

cer and I did every odd job on set. I was a grip, a boom operator, an assistant director. But the movie got into (the Toronto International Film Festival) and a whole bunch of other festivals, so that was kind of my first exposure to behind the scenes life. It's wonderful. It's really the best part of the business."



Connor Jessup stars in *Falling Skies*. ANGELO KRITIKOS

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Let's take some E! with Joel

The Soup host. Actor takes 'one-at-a-time' approach to his various projects

There's no stopping Joel McHale this summer.

The 41-year-old actor is busy with his E! reality spoof *The Soup* and preparing for the fifth season of the NBC comedy series *Community*, which starts shooting Aug. 20.

He's moving outside his comfort zone with a starring role in the upcoming supernatural thriller *Beware the Night*. He plays a New York City police officer in the film, and at the time of the interview, was shooting on location in the Bronx. McHale calls the role a dream come true, especially because he gets to work with Eric Bana. He's also the host of the

Klondike Celebrity Challenge, a social media effort. Fans decide the fate of three retro stars, including Alfonso Ribeiro of *The Fresh Prince of Bel-Air* and '80s pop singer Tiffany, by asking what they would do for a Klondike bar. A third star will be announced Aug. 12. In a recent interview, he talked about his various projects.

How would you describe *Beware the Night*?

Just to be in it, I was so thrilled, and then knowing I got to work with Eric Bana, who is one of my all-time favourites, was just a dream come true. Then you've got Olivia Munn in there and Edgar Ramirez is amazing. ... This cast is dynamite, except for myself.

What's it about?

It's kind of a horror film at some points but it's about

these cops in the Bronx ... and it's a very violent, harsh movie, but with a really good story, and I'm thrilled I got cast in it.

You make fun of the Kardashian family quite a bit on *The Soup*. Their show also airs on E! Are you ever told to tone it down?

Well, the Kardashians are incredibly savvy and they know if they are being talked about then that's good. And now Kris (Jenner) has a new talk show. They've got every single product. They are a machine and they actually now work very hard at what they're doing — I'm not sure what it is. ... For a while I know that they weren't (happy) and the Kardashians were going, "Can you stop doing that?" But when we make fun of Bruce (Jenner), no one has stopped me from doing that until Bruce comes up and

punches me in the face.

Are you surprised at the success of *Community*?

I knew the show was kind of a special kind of different show ... because (creator) Dan Harmon's brain is like nobody else's brain. Getting out of your first season is a nutso process as well. But to be in our fifth season, I can't believe it. And we've always had this lousy time slot. We've always been up against *Big Bang Theory*, which is a juggernaut. And *NFL* football and *March* madness, and survived it. We're syndicated on *Hulu* which, whenever I look at the list, we're doing pretty well. I think the success is that our viewers are so young that they don't watch the shows at the broadcast time. But they still watch. ... I hope we get to six seasons and a movie.

THE ASSOCIATED PRESS



Joel McHale has no problem talking about the Kardashians. CONTRIBUTED



Simon Cowell ALL IMAGES GETTY

Awkward future arrival? Cowell has reportedly knocked up friend's wife

Simon Cowell is reportedly going to be a dad — but the mother-to-be already has a husband. New York socialite Lauren Silverman is reportedly expecting a child with Cowell, though she's still married to Cowell's close friend Andrew Silverman, according to Us Weekly. "Lauren and Andrew have

been unhappy in their marriage for some time, and their divorce has been in the works for a while," a source says. "As their marriage deteriorated, she and Simon became close." The source adds that Lauren is "around 10 weeks along." Cowell's reps were unavailable for comment.

Fergie solidifies her gay icon status with 'gayby' shower



THE WORD

Dorothy Robinson
scene@metronews.ca

When I first heard that Fergie and Josh Duhamel threw a "gayby" themed baby shower for their son, due in September, I was a bit perplexed: How did they know their fetus liked boys?

But I was mistaken, as usual. Their "gayby"

baby shower, which was attended by the likes of Perez Hilton, Kelly Osbourne, Adam Lambert, Molly Sims, Gabriel Aubry, Julianne Hough, RuPaul and Lance Bass, was named as such to flaunt Fergie's gay-icon status (which makes me wonder what would have happened if Judy Garland were around to have a baby).

Sunday's fete, held at the SLS Hotel in Los Angeles, featured burlesque dancers in drag, a black, white and blue theme, and shirtless bartenders serving Fergie's Ferguson Crest wine. If his baby shower was this much fun, what in the world is he going to do for his 21st?

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



James Blunt

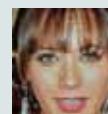


Blunt's mass music mail a 'mistake', pull the other one!

James Blunt wishes he could unsend an email that accidentally went out to millions of recipients and included his new single, Bonfire Heart. Blunt took to Twitter to voice his embarrassment, writing, "Oops."

Just emailed the whole of the U.K. by mistake." His record label also says the message was a "clerical error," but many are skeptical, suggesting it's just a publicity ploy.

Twitter



@iamrashidajones

I wish you could Shazam someone's face



@johnkusack

Well personally I can say to my gov that jails the whistleblowers and let's the criminals free "go straight to hell boys" this ain't over



@mindykaling

"Kiss me on the lips or you're fired!" is something you shouldn't say to your crew, I learned today



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Feeling insane in the mane?



"Stay away from excessive colour, heat and anything that can damage the hair cuticle," says Dr. Bauman. ISTOCK

Dr. Alan J. Bauman on treatments

What are some ways to tame frizzy hair?

The first thing to remember is that frizz is a combination of problems. Sometimes the more hair damage that you have, the frizzier your hair will be — and, of course, those with curlier hair typically end up with more frizz.

So some of these things you can't change, but there are things you can do to reduce it. You can straighten your hair, you can flatiron it or use

straightening treatments — but in the long-term, those things might damage the cuticle, which could make your hair more prone to frizz.

Conditioning it regularly is the safest and most effective thing that you could do. And be conscious of the types of products that you're using. Shampoos and conditioners with amino silicones and cationic surfactants are ideal for treating frizzy hair."

What are amino

silicones and cationic surfactants?

Silicones, especially amino silicones, are the things that fill in the gaps of the cuticle. The silicones decrease the friction, meaning that the hair strands will be able to slide more easily through the comb and you're less likely to tangle it or snag it. Now the cationic surfactants fill in the cuticle, almost like a chemical patch, to restore the natural smoothness and quality in the hair.

Tress distress. We get to the very root of the frizz problem to learn how to tame it

COURTNEY FOWLER
Metro World News

We love our hair, but when the humidity hits each summer the same question runs through our mind: Should we just cut it all off?

Here to help walk us off the edge is Dr. Alan J. Bauman, a board-certified hair science consultant and member of the prestigious Pantene Institute.

He told us what we can do to finally have some good hair days this summer.

But first, what causes frizz?

Natural texture

"The texture of hair is essential to establishing its tendency to frizz. Often

hair that is curly or wavy will likely become frizzy."

Environment

"Humidity, heat and changes in the air quality cause friction in the hair."

"Hair is made up of long keratin proteins that form two types of compound bonds. One is a hydrogen bond.

"These bonds break and reform every time your hair gets wet and it dries. Because there is so much water in humid air, those bonds are broken and reformed faster, resulting in frizz."

Hair quality

"The bottom line is hair that isn't healthy will be prone to frizz. Hair that has already had some type of disruption or chemical damage, such as with colour or excessive heat, is overwhelmingly more prone to frizz because it's in an unhealthy state."

the sulfate bonds in the hair and essentially reforms them so that the hair is straight. It's considered almost like a semi-permanent treatment because, although every salon applies it differently, it's something that would need to be reapplied. So, it reduces frizz and allows the hair to dry a little bit better and gives you kind of wash-and-wear hair. But, it also comes with risks, because as that straightening wears off, you need it to be straightened again — and eventually the heat and chemicals can cause breakage.

Twitter



JEANNE SPACE
Jeanne Beker
life@metronews.ca

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Taking in a glorious view of an illuminated TO! Getting nostalgic for the '70s at the old "Aquarius 51"...

One-minute miracle

Posh remover

Bourjois Magic Nail Polish Remover, \$10

"Dip, turn and voila! Your nail enamel is history. At-home-mani devotees will love this potion with instant lacquer-eliminating power. Its gentle acetone- and paraben-free formula makes quick work of stubborn sparkles, too." Ashley Kowalewski, The Kit.ca

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Trends Report

- Summer is sandals season, but are you still looking for a shoe that really stands out? Go online to Trends Report to see a bold and fashionable twist on a gladiator sandal and get tips on how to style it.

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Follow Irene on Twitter at @MetrolreneK



Be a smooth(ie) operator

Chocolate, Cappuccino and Banana Smoothie

I'm a chocoholic and I have discovered that 1% chocolate milk (made with cocoa) is the best treat I can have either for breakfast or a snack. Adding chocolate milk to this smoothie satisfies your chocolate cravings and makes it taste like a chocolate milkshake, but without the calories and fat.

- 1 cup (250 ml) cold chocolate milk (1% or soy milk)
- 1 cup (250 ml) 2 % low-fat coffee flavoured yogurt
- 1 medium-sized ripe banana, sliced
- 2 tbsp (30 ml) honey
- 1 tbsp (15 ml) cocoa powder

Combine the milk, yogurt, banana, honey and cocoa powder in a blender and purée. Serve immediately.



Strawberry, Banana and Orange Smoothie

If you're in a rush in the morning and need a quick breakfast, try a smoothie. The combination of protein and fruit keeps you satisfied longer. This is also a healthy snack to stave off hunger between meals. Experiment with different fruits, using whatever is in season. For extra protein, substitute low fat plain yogurt for the milk.

- 1 cup low-fat milk or soy milk
- 1 small ripe banana, sliced
- 1 cup frozen or fresh sliced strawberries
- 1/2 cup orange juice
- 2 tbsp honey
- 5 ice cubes

Place all the ingredients in a blender and purée. Serve immediately.



ROSE REISMAN
For more, visit rosereisman.com or follow her on Twitter @rosereisman



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MIND THE APP
Kris Abel
[@RealKrisAbel](http://RealKrisAbel)
life@metronews.ca

With a gathering of fruits, berries, veggies, and spices, you can mix up refreshing summer smoothies and milkshakes. These 23 recipes include built-in timers, healthy tips and sweeter, kid-friendly mixes.



Give your chicken the garlic treatment

1. Preheat the oven to 350 F (180 C) or 320 F (160 C) for convection oven and cook the chicken according to the Maggi pack instructions.

2. Put a large pot of water on the stove for the egg noodles and allow it to come to a rolling boil.

3. About 15 minutes before the end of the chicken cooking time, heat the canola oil in a large frying pan or wok



This recipe serves four. **NEWS CANADA**

Ingredients

- 4 chicken breasts
- 1 pack Maggi So Juicy Garlic
- 1 tbsp canola oil
- 12 button mushrooms, sliced
- 1 small head of broccoli, cut into florets
- 1 small onion, sliced thinly
- 1 carrot, sliced thinly
- 450 g package of egg noodles
- 1 tbsp sesame oil (optional)
- 1 lime, juiced
- 2 green onions, finely sliced
- 2 tsp sesame seeds (optional)

and stir fry the mushrooms until golden. Add the broccoli, onion, and carrot, and continue to cook for about 5 minutes, over high heat.

4. Cook the egg noodles according to the pack instructions. Once cooked through, drain and set aside.

5. Remove the chicken from the oven, leave to cool for a minute then cut the bag open and gently tip the con-

tents into a dish. Transfer the chicken breasts to a board and slice diagonally. Pour garlic juices from the dish over the vegetables.

6. Add the cooked noodles to the pan with the vegetables and toss to combine. Season with the sesame oil (if using) and lime juice. Serve the stir fry with the sliced chicken, scattered with green onion and sesame seeds (if using).

NEWS CANADA



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Stone-age decor keeps things cool



DESIGN
CENTRE
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Cool to the eye and cooling to the touch, marble and stone creates a timeless look for the home, whether on the floors, counters or as an accessory in a room. This decor is my new obsession, and not just for shower tiles or countertops.

Topping an antique table with marble instantly gives it new life, and adding marble accessories to a kitchen countertop serves up high-end style.



Sculptural stone vessel

Hand-cast from resin and cement with the character of weathered stone. Use to plant orchids or hold your favourite magazines. \$129, restorationhardware.com



Blaine candle holders

A modern take on the sculptural hour glass. \$22 to \$30, crateandbarrel.com



Chateau kitchen island

This piece is reminiscent of France's wine country; it's made of reclaimed pine in a silver grey finish and topped with sleek black granite. \$1,299, urbanbarn.com



Carrara marble long board serving platter

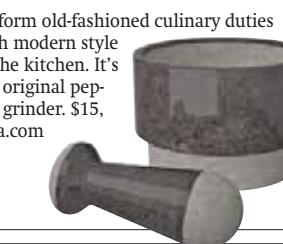
Set your cheese and crackers wheeling down the table on a surfboard-shaped, custom-made platter, or display perfume bottles on a long vanity. \$620, dididumphry.com

Free range coffee table



Mixed mediums of dark walnut, black metal and marble create an ultra-chic living room table that looks like a one-of-a-kind prototype. \$839, urban-mode.com

Adelsten pestle and mortar



Perform old-fashioned culinary duties with modern style in the kitchen. It's the original pepper grinder. \$15, ikea.com

Dumortierite Concetto countertop surface

Made from cut/bound semi precious stones for luxurious counter surfaces. Price upon request, caesarstone.ca



Bionic aqua marble vessel sink bowl

Add a dash of colour to the powder room with blue veined marble. \$247, sears.ca



Etiquette

So I can't play the spoons with it?



CHARLES
THE BUTLER

askcharlesthebutler@
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For more, visit
charlesmacpherson.com

Have you ever wondered when eating at an elegant restaurant, "What am I supposed to do with the strange flat spoon?"

Well the "flat spoon" is called an individual sauce spoon (cuillère à sauce) and is correctly set at the dinner table on the right side of the dinner plate, between the plate and the main course knife.

So when did this strange spoon appear on our dinner tables?

Well the sauce spoon first appeared in the 1950s in Paris, France. The restaurant was called LASSERRE, and chef René Lasserre decided to help guests enjoy the delicious sauces without the need of using bread to "mop up the delicious liquid." So he invented this wonderful spoon.

The invention and custom of using a sauce spoon



You probably already knew this, but the sauce spoon goes on the right side between the plate and main course knife. ISTOCK IMAGES

started with the fish course.

Today in many elegant and formal restaurants, I see this sauce spoon used either for the fish or meat course. So when you have finished eating the fish or meat and your plate is

empty with just the sauce remaining, you take the sauce spoon and scoop up the remaining sauce on your plate.

This utensil should be used exactly like you would a soup spoon.

Kevin! Be prepared before you leave your home alone

Plan ahead! Empty houses are attractive targets for break-ins — protect your home

Your bags are packed, the car is loaded and your tickets are in hand. You're finally ready for that relaxing summer getaway you've been anticipating all year ... or so you think.

In the last minute hustle and bustle of planning a vacation, many families leave their "home alone" and fail to plan for its proper protection.

Empty houses are attractive targets for break-ins, which can be a real threat for homeowners.

"Planning ahead is essential to ensure that your return home doesn't leave you with unplanned surprises," says Wayne Ross, an

insurance expert at Aviva Canada. "The key is to take a few simple steps to make it look like you haven't left at all."

Consider the following tips the next time you are travelling for an extended period of time.

Keep it to yourself

You or your kids posting holiday plans or live updates on social networking sites such as Facebook or Twitter may seem harmless enough, but it could alert would-be thieves to an empty house.

Get a house sitter

Have someone stay there or have a trusted neighbour check in daily. Give this person a key — don't hide it.

Light it up

Set lights on timers in different rooms of your home.

Have your yard maintained

Depending on the time of year, arrange to have your lawn mowed and your grass watered.

Newspaper and mail delivery

Piled up mail or newspapers are an obvious giveaway that the homeowners are out of town — cancel or temporarily divert deliveries, or have your neighbours pick them up in a timely fashion.

With these tips in mind, you can concentrate on enjoying your summer escape and coming back to your home revitalized. More information is available from your insurance broker or at avivacanada.com.

NEWS CANADA

Mellow metallics take the home decor stage

Heavy metal fan?

A classic look that can work in both traditional and contemporary spaces

Never been a heavy metal fan? The new look of brass, copper, bronze and nickel in this fall's decor might

change your mind.

The finishes are warm, without the kitschy clash of some previous go-rounds.

You'll see these softer, richer-looking metals — joining gold and silver on the decor stage — as accents on accessories, as furniture embellishment and as a brushed finish on textiles.

THE ASSOCIATED PRESS

HomeGoods vases

Vases with burnished metallics that have subtle texture and shine that's less flashy than polished metal but just as intriguing.

HOMEGOODS.COM



Brass lamp

This lamp has a coppery finish and a contemporary swirl-patterned shade. Warm metallics like nickel, copper and brass add interest and depth to fall decor; a few touches make a big difference.

HOMEGOODS.COM



Remi bookcase

Its slender frame is finished in a warm antique brass inset with handsome black powder-coated shelves.

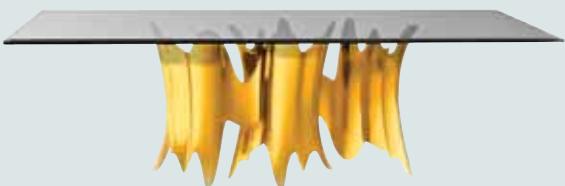
CRATEANDBARREL.CA



Obsedia dining table

The table has a unique glass top, available in clear, smoked or bronzed glass, that rests on a plated gold aluminum base. This is a striking way to bring metallics into spaces that can accommodate a strong element.

BYKOKET.COM



Kiki side table

This side table evokes a circus acrobat's performing rings, with polished gold hoops that support a smoky glass top.

BYKOKET.COM



Melrose floor lamp

A floor lamp that lights up elongated mid-century curves with an updated matte brass base and a cream canvas drum shade.

CRATEANDBARREL.CA



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Offer is only valid until August 30. Cannot be combined with any other offers. Some restrictions apply. Please speak with a Brookfield sales representative for more information.

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Brookfield Homes
The Best Places to Call Home

Cross off these summer bucket list items

YLVIA
VAN BUUREN
For Metro

One more month of pure summer left — have you done everything you want to? Here is a quick list of quintessential activities that just scream summer.

Road trip

Rent your dream convertible — think Mini Cooper or Mustang — and cruise back country roads with the top down. Make it a weekend getaway or just a jaunt to an ice cream parlour. Remember to wear sunscreen.

Your Royal Highness

Throw a "jolly good" English soiree al fresco in honour of the royal birth. Decorate the patio with pretty teapots filled with posy-style flowers, hang blue mini-lights along the railing of the deck, and set the table with blue napkins and tea light holders.

Take that

Sign your family up for a game of paintball — it's a



Rent your dream convertible for a cruise down country roads. ISTOCKPHOTO/THINKSTOCK

perfect activity for energetic types who love adrenaline-charged action. Follow the rules, dress in all the required gear, and have a blast.

Stand-up paddle boarding

This fabulous new sport combines surfing and paddle boarding. The surf-style board propels across the water thanks to a long paddle that you use while standing on the board. It's great exercise and

lots of fun (whether you get it right away or fall in a few times). Take a lesson and go.

A sandy om

Whether you are on the Pacific, Lake Erie or simply a tributary, there is something magical about doing a sun salutation or downward facing dog on sand near natural water. Unite your mind, body and spirit, and don't forget your bathing suit for medita-

tion under water after class.

My beautiful balloon

Imagine sitting in a basket listening to the whoosh of a hot air balloon as the land below gets smaller and smaller ... it's a thrilling ride. It's pretty comfortable, too, since riders don't feel the basket rocking or swaying in the air. The hour approaching dawn and dusk are best — and most beautiful — for flying.



Try out a thrilling hot air balloon ride. FUSE/THINKSTOCK

EDMONTON

soak up the summer at an outdoor pool!

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Mill Creek Pool
Oliver Pool
Queen Elizabeth Pool

15720 105 Avenue
9555 82 Avenue
10315 119 Street
9170 Walterdale Hill



For hours and daily updates, visit edmonton.ca/outdoorpools or call 311.

THE CITY OF
edmonton

Warm up to a new lifestyle

Summer brings opportunities to improve your lifestyle and start a new commitment to wellness. You can be on your way to fit and fun summer living with these tips.

1 Eat fresh. Summer is prime time for fresh produce, and incorporating fruits and vegetables into your daily menu can be a delicious way to a healthy lifestyle. With a high-performance blender, you can easily make hundreds of whole food recipes that taste great. A nutrient-packed fruit smoothie takes only seconds to prepare and is sure to please even the fussiest eaters.

2 Move it. Getting in shape doesn't need to mean hours at the gym, especially during these warmer months. Simple activities like going for a bike ride or taking your dog for a walk are good ways to get moving while enjoying the outdoors. Swimming is a great low-impact, full-body exercise that lets you work out while cooling off. Or try another sport that you wouldn't be able to participate in during winter, such as golf, outdoor basketball or beach volleyball. Making an activity part of your routine is the best way to



Meditation and yoga are calming activities that will leave you feeling refreshed and rejuvenated. BANANASTOCK/THINKSTOCK

keep at it, so set aside some time each day for exercise.

3 Relax. Summer is the perfect opportunity to unwind and treat yourself to some "me" time. Focus on doing things you enjoy, such as finishing that book you have been reading for months, learning to how to surf or play tennis, or simply basking in the sunshine. Whatever activity you choose,

make time each week to let go and de-stress. Summer is a popular season for vacations to the beach and other outdoor destinations, but you can also find tranquility in your own backyard. Meditation and yoga — done indoors or outside — are calming activities that will leave you feeling refreshed and rejuvenated, too.

NEWS CANADA

CFL

Stamps' Mitchell gets offensive honour for Week 5

Quarterback Bo Levi Mitchell, who guided the Calgary Stampeders to victory in his debut as a CFL starter, was named the offensive player of the week Wednesday.

Mitchell was 29-of-33 passing for 376 yards and three TDs in a 37-24 win over the Winnipeg Blue Bombers. Mitchell also ran six times for 12 yards.

Montreal linebacker Kyries Hebert was named the top defensive player and teammate Sean Whyte was the top special-teams player.

Alouettes linebacker Shea Emry was named the top Canadian. The native of Richmond, B.C., had two interceptions against Edmonton, returning one 21 yards for a touchdown.

THE CANADIAN PRESS

CFL

Lions' Fabien finished for 2013

Kirby Fabien's promising CFL rookie season has come to a premature end.

B.C. coach Mike Benevides confirmed Wednesday the Lions guard will miss the rest of the season after suffering a devastating knee injury a night earlier in a loss to the Argonauts in Toronto.

"It's unfortunate, because he was having a great start to his career," said Benevides after the club returned to its Surrey, B.C., training facility. "It's unfortunate, but he's done for the year."

THE CANADIAN PRESS



Eskimos running back John White is stopped by the Alouettes for the final play of the game on July 25 in Montreal. Edmonton will need to practise better clock management if it wants to get back in the playoff hunt. PAUL CHIASSON/THE CANADIAN PRESS

Eskimos vs. Ticats: The battle at the bottom

CFL. Edmonton needs to keep Ticats QB Burris out of the end zone in faceoff of lowest-scoring teams

Something has to give Friday night at Commonwealth Stadium.

That's when the Edmonton Eskimos host the Hamilton Tiger-Cats in a game between two struggling clubs. Not only do both have identical 1-4 records, but they're tied for last in CFL scoring, averaging just 19.8

points per game.

Edmonton's terrible clock management was the overriding factor in its 32-27 loss last week to Montreal. The Eskimos drove to the Alouettes' five-yard line with 29 seconds remaining, but could only manage to get two plays off — both rushing attempts despite having no timeouts remaining.

Edmonton's lone win this year was a 30-20 decision over Hamilton in a fierce rainstorm at Guelph, Ont., on July 7. Quarterback Mike Reilly was just 14-of-22 passing for 136 yards and two TDs in that game, but running back Hugh Charles ran for 119 yards on

11 carries — 70 coming on a touchdown run.

Overall, Edmonton rushed for 177 yards on 20 carries against the Ticats defence.

Hamilton is coming off consecutive losses to the surging Saskatchewan Roughriders. Since scoring 34 points in a season-opening loss to Toronto, the Ticats offence has scored 65 points in four games, an average of just 16.3 per contest.

Quarterback Henry Burris is the CFL's passing leader with 1,510 yards, and threw for 395 yards and two TDs in last week's 32-20 home loss to Saskatchewan.

THE CANADIAN PRESS

Pay up

The CFL issued two fines Wednesday.

- Montreal receiver Brandon London was fined for publicly criticizing CFL game officials following the Alouettes' 32-27 win over the Edmonton Eskimos.

- Saskatchewan defensive lineman Levi Steinbauer was slapped with a penalty for a helmet-to-helmet hit on Hamilton's Lindsey Lamar on a kickoff return.

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4
SPORTS

A-Rod's career on line, source says

MLB. League threatening Rodriguez with lifetime ban, person familiar with discussions says

Major League Baseball is threatening to kick Alex Rodriguez out of the game for life unless the Yankees star agrees not to fight a lengthy suspension for his role in the sport's latest drug scandal, according to a person familiar with the discussions.

The person spoke to The Associated Press on Wednesday on condition of anonymity because no statements were authorized.

Whether commissioner



Alex Rodriguez with the minor league Charleston RiverDogs last month. GETTY IMAGES

Bud Selig would actually issue a lifetime suspension was unclear and a permanent ban

could be shortened by arbitrator Fredric Horowitz to about 200 games, the person said.

Rodriguez is baseball's highest-paid player and the most prominent one linked in media reports over the past seven months to Biogenesis of America, a closed Florida anti-aging clinic that allegedly distributed banned performance-enhancing drugs.

The Yankees expected Rodriguez to be accused of recruiting other athletes for the clinic, attempting to obstruct MLB's investigation, and not being truthful with MLB in the past. Baseball has considered suspending him for violations of its labour contract and drug agreement.

THE ASSOCIATED PRESS

MLB. Joey Bats brings A-game to Oakland

R.A. Dickey still believes the Toronto Blue Jays can make something of this season, even sitting in last place in the difficult AL East. They won Wednesday despite four errors.

On a day the Blue Jays brass kept the roster intact at the trade deadline, Jose Bautista hit a go-ahead double in the top of the 10th inning as Toronto defeated the Oakland Athletics 5-2 on Wednesday for a series win and their fifth victory in seven games following a seven-game



Quoted
"It wasn't pretty.... We got lucky there."

Jays manager John Gibbons

skid.

"I don't think anybody really expected us to make a move in here. We have the team in

here, at least the nucleus in here that's going to get it done one way or another," Dickey said.

Bautista lined a double to right against Jesse Chavez (2-3). Rookie catcher Stephen Vogt's second costly passed ball of the game allowed Jose Reyes to advance after a leadoff infield single, and Reyes scored on Bautista's hit.

Casey Janssen (4-0) pitched a 1-2-3 ninth for the wins.

THE ASSOCIATED PRESS

Swimming worlds

Cochrane breaks Canadian drought

Ryan Cochrane had to claw his way to Canada's first po-

dium finish in the pool at the 2013 FINA World Championships.

The Victoria native took bronze in the men's 800-metre freestyle Wednesday in Barcelona, charging

down American Connor Jaeger to finish in seven minutes 43.70 seconds.

China's Sun Yang took the gold in 7:41.36 and American Michael McBroom took silver.

THE CANADIAN PRESS

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Boston	64	44	.593	—
Tampa Bay	64	44	.593	—
Baltimore	59	49	.546	5
New York	55	51	.519	8
Toronto	50	57	.467	13½

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	61	45	.575	—
Cleveland	59	48	.551	2½
Kansas City	52	51	.505	7½
Minnesota	45	58	.437	14½
Chicago	40	65	.381	20½

WEST DIVISION

	W	L	Pct	GB
Oakland	63	45	.583	—
Texas	59	49	.546	4
Seattle	50	56	.472	12
Los Angeles	48	58	.453	14
Houston	36	70	.340	26

Wednesday's results

Detroit 11 Washington 1
Toronto 5 Oakland 2 (10)
Houston 11 Baltimore 0
Cleveland 6 Chicago White Sox 5 (10)
Arizona 7 Tampa Bay 0

Tuesday's results

Baltimore 4 Houston 3
Cleveland 7 Chicago White Sox 4
Detroit 5 Washington 1
Tampa Bay 5 Arizona 2
Boston 8 Seattle 2

Wednesday's games

Texas 14 L.A. Angels 1 (10)
Kansas City 7 Minnesota 2

Thursday's games

All times Eastern
Chicago White Sox (Sale 6-10) at Cleveland (Masterson 12-7), 12:05 p.m.

Kansas City (Shields 5-7) at Minnesota (Diamond 5-9), 1:10 p.m.

Houston (Lyles 4-4) at Baltimore (Norris 6-9), 7:05 p.m.

Arizona (Delgado 3-3) at Texas (Darvish 9-5), 7:05 p.m.

Seattle (Hernandez 11-4) at Boston (Dempster 6-8), 7:10 p.m.

Toronto (Johnson 1-7) at L.A. Angels (Richards 2-4), 10:05 p.m.

THE ASSOCIATED PRESS

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Atlanta	63	45	.583	—
Washington	52	56	.481	11
Philadelphia	50	57	.467	12½
New York	48	57	.457	13½
Miami	41	65	.387	21

CENTRAL DIVISION

	W	L	Pct	GB
Pittsburgh	65	42	.607	—
St. Louis	62	44	.585	2½
Cincinnati	60	49	.550	6
Chicago	48	58	.453	16½
Milwaukee	46	61	.430	19

WEST DIVISION

	W	L	Pct	GB
Los Angeles	57	48	.543	—
Arizona	55	52	.514	3
Colorado	51	58	.468	8
San Diego	50	59	.459	9
San Francisco	47	59	.443	10½

Wednesday's result

Cincinnati 4 San Diego 1
San Francisco 9 Philadelphia 2
Pittsburgh 5 St. Louis 4
Atlanta 9 Colorado 0

Tuesday's results

Miami 3 N.Y. Mets 2
Milwaukee at Chicago Cubs, postponed
N.Y. Yankees at L.A. Dodgers

Tuesday's results

Milwaukee 6 Chicago Cubs 5
Pittsburgh 2 St. Louis 1 (11)

Wednesday's games

Philadelphia 7 San Francisco 3
Atlanta 11 Colorado 3
N.Y. Mets 4 Miami 2 (10)
Pittsburgh 6 St. Louis 0
Milwaukee 3 Chicago Cubs 2

Thursday's games

L.A. Dodgers 3 N.Y. Yankees 2
San Diego 4 Cincinnati 2

Thursday's games

All times Eastern
N.Y. Mets (Harvey 8-2) at Miami (Koehler 2-6), 12:40 p.m.

San Francisco (Cain 6-6) at Philadelphia (Hamels 4-13), 7:05 p.m.

St. Louis (Kelly 1-3) at Pittsburgh (Morton 3-2), 7:05 p.m.

Colorado (Betts 0-0) at Atlanta (Teheran 7-5), 7:10 p.m.

L.A. Dodgers (Nolasco 6-9) at Chicago Cubs (Rusin 1-0), 8:05 p.m.

THE ASSOCIATED PRESS

CFL

WEEK 5

EAST DIVISION

	GP	W	L	T	PF	PA	Pts
Toronto	5	5	3	2	0	156	128 6
Montreal	5	2	3	0	122	139 4	
Hamilton	5	1	4	0	99	158 2	
Winnipeg	5	1	4	0	115	146 2	

WEST

	GP	W	L	T	PF	PA	Pts
Saskatchewan	5	5	0	0	183	87 10	
Calgary	5	4	1	0	162	133 8	
B.C.	5	3	2	0	116	122 6	
Edmonton	5	1	4	0	99	139 2	

Tuesday's result

Toronto 38 B.C. 12

Friday's game — All Times Eastern

Hamilton at Edmonton, 9 p.m.

Monday's game

Winnipeg at B.C., 7 p.m.

	W	L	T	GF	GA	Pts
Kansas City	10	6	3	31	21	36
New York	10	7	5	33	27	35
Montreal	10	5	5	32	29	35
Philadelphia	9	6	7	33	30	34
Atlanta	8	7	6	27	19	30
Miami 3 N.Y. Mets 2						
Houston	8	6	6	23	25	30
Columbus	7	9	4	25	27	25
Toronto FC	3	10	8	19	29	17
D.C. United	2	15	4	10	35	10

Wednesday's result

Roma 3 MLS All-Stars 1

Saturday's games — All Times Eastern

New York at Kansas City, 6:30 p.m.

Montreal at D.C. United, 7:30 p.m.

Chicago at Philadelphia, 8 p.m.

Columbus at Houston, 9 p.m.

Real Salt Lake at Colorado, 9 p.m.

Chivas USA at San Jose, 10 p.m.

FC Dallas at Seattle, 10:30 p.m.

Vancouver at Portland, 11 p.m.

Sunday's game

Toronto FC at New England, 7:30 p.m.

Swimming worlds

Cochrane breaks Canadian drought

Ryan Cochrane had to claw his way to Canada's first po-

dium finish in the pool at the 2013 FINA World Championships.

The Victoria native took bronze in the men's 800-metre freestyle Wednesday in Barcelona, charging

down American Connor Jaeger to finish in seven minutes 43.70 seconds.

China's Sun Yang took the gold in 7:41.36 and American Michael McBroom took silver.

THE CANADIAN PRESS

MLB

WEEK 5

EAST DIVISION

	GP	W	L	T	PF	PA	Pts

</tbl_r

Horoscopes

Aries

March 21 - April 20

Try not to be a control freak. Let others decide what you are going to do. It may be at odds with the way you usually go about things but it will be strangely liberating too.

Libra

Sept. 24 - Oct. 23

Success is important, but it's wrong to measure your life purely by how much you own or earn. The planets urge you not to get attached to material things for their own sake.

Taurus

April 21 - May 21

Drama will unfold over the next 24 hours, either in a personal relationship or at work. The important thing is that you don't react without thinking. Look at the situation rationally and do what must be done.

Gemini

May 22 - June 21

You are full of good ideas but one idea in particular should be singled out and worked on immediately. Its success — and your fortune — depends on getting the timing right, and the time is now!

Cancer

June 22 - July 23

You're in a good mood at the moment but those around you are a bit depressed, most likely because they have serious problems to deal with. What can you do to cheer them up? Just stay out of their way.

Leo

July 24 - Aug. 23

You may be no-nonsense by nature but even a Leo can be fooled and the planets warn you need to be extra careful today. It's OK to dream but keep in touch with reality too.

Virgo

Aug. 24 - Sept. 23

This may be a chaotic time but you seem to be enjoying the mayhem. Changes in your working environment are unsettling for sure but they are necessary too.

Scorpio

Oct. 24 - Nov. 22

It seems you are in one of those moods when you are tempted to throw everything out and start again from scratch. The only danger is that with Pluto, your ruler, under pressure, you are likely to regret it later.

Sagittarius

Nov. 23 - Dec. 21

You seem to be in an aggressive mood and today's Mars-Uranus link warns you could easily go too far and spark a feud that gets way out of hand. Relax.

Capricorn

Dec. 22 - Jan. 20

Make an effort to look on the bright side today, because if you allow little things to get on top of you, your mood will head south fast. Remember too that you can't solve everyone's problems.

Aquarius

Jan. 21 - Feb. 19

Look at what you have to do today as a challenge to be enjoyed rather than a chore to be endured. You'll be surprised at how much fun you have.

Pisces

Feb. 20 - March 20

Do what you want to do today and don't waste time worrying what colleagues and loved ones might think about it. Far from being unpopular, you will find that most people respect you more for being your own boss. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

- Bird beak
- Grade
- Canadian author Ms. Gallant
- Shoe spot
- Organic compound
- Country legend Patsy
- Ancient concert sites
- Punk pop's Mr. Pop
- Aqua-denizen, with Ray
- Roman Empire's first Emperor
- Adam Levine's band, __ 5
- Beats
- Car or truck, e.g.
- Not nay
- Health club class
- Marsh matter
- Goose eggs
- Prefix to 'system' (Diet plan advertised on TV)
- Years, in old Rome
- Choreography components
- Eminem tune
- __ _ clock, don't wind it up
- __ or neuter
- Sunday song
- Canadian singer/songwriter Ron
- Needs-to-be-sewn

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site

- Owl's sound
- Beach (Resort village in Saskatchewan with a saltwater lake)
- Jay-Z, then ...JAY Z, now ...what's missing?
- Bryan Adams' 1984 hit album
- More shipshape

59. 'Desserts' locale

- Less than twice
- Grad parties
- Word linker-uppers
- Crying component
- Call (permanent) time on a relationship: 2 wds.
- Do modelling
- Gibraltar, e.g.

Down

- "Obviously, Sherlock!": 2 wds.
- Lyrical lament
- How to do hair and makeup, plus skincare, too: 2 wds.
- Canadian retailer of women's clothing
- AC/DC lead guitarist Mr. Young
- Clothing, informally

7. English cathedral city

- Stadium (Calgary Stampeders' home field)
- Banned orchard spray
- Ristorante wine
- "__ the Groove" by Madonna
- Mr. Connery
- Go parasailing

Yesterday's Crossword



BT
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WEATHER SPECIALIST

"My favourite part is reporting the weather. It fascinates me, and as we know around here, it's always changing, keeping forecasters on their toes." **WEEKDAYS 5:30 AM**

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

7	4	9	5	6	1	8	2	3
3	8	6	4	7	2	9	5	1
1	5	2	8	9	3	4	6	7
2	6	3	9	1	7	5	4	8
8	1	4	3	2	5	6	7	9
5	9	7	6	8	4	3	1	2
9	3	1	7	4	6	2	8	5
4	2	8	1	5	9	7	3	6
6	7	5	2	3	8	1	9	4

9	6			5	8
3	7		1	6	2
	7	1	5	4	
4		5	9	2	1
7	1		5	4	3
	3	6		2	9
8	3				

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Mill Woods Town Centre is throwing a party to celebrate our 25th Anniversary on August 17th & 18th. Over \$15,000 in gifts and prizes will be given away. Visit www.millwoodstowncentre.com for a full list of events, activities and to see how you could win one of these great prizes!



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3000
KMS!**

**ONLY
\$14,995!**

^{10 DOWN \$8400 @0%}
\$91 /BW

**2013
MAZDA 6
GS**

SPECIAL EDITION

#W2276

~~NEW MSRP~~
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AND MORE**

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\$134 /BW

**2013
MAZDA 3
GX**

**CONVENIENCE
PACKAGE**

#2265

~~NEW MSRP~~
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\$109 /BW

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GS**

#W2222

~~NEW MSRP~~
\$25,260



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EQUIPPED**

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\$17,995!**

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\$109 /BW

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\$11,995

2007 CHEVY OPTRA LT WAGON, 10846-1

\$ 7,995

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